



The Houston Department of Health and Human Services (HDHHS) recommends people begin taking precautions against high heat and humidity to prevent illnesses such as heat exhaustion and heat stroke. To avoid heat-related illness:

- Increase water consumption. Drink lots of liquids before getting thirsty. Avoid beverages with caffeine, alcohol or large amounts of sugar because these can actually result in the loss of body fluid.
- Conduct outdoor work or exercise in the early morning or evening when it is cooler. Outdoor workers should drink plenty of water or electrolyte-replacement beverages and take frequent breaks in the shade or in an air-conditioned facility. Those unaccustomed to working or exercising in a hot environment should gradually increase the outdoor heat exposure over a period of a few weeks.
- Wear light-colored, loose fitting clothing that permits the evaporation of perspiration.
- Stay out of direct sunlight; seek shade when available.
- A wide-brimmed hat helps prevent sunburn as well as heat-related illness. Sunscreen also protects from the sun's harmful rays and reduces the risk of sunburn.
- If the house is not air-conditioned, seek accommodations in air-conditioned facilities during the heat of the day: malls, movie theaters, libraries, multi-service centers, etc. Electric fans may provide comfort, but when the temperature is in the high 90s and the humidity is high, fans without refrigerated air only spur the movement of hot humid air, which will accelerate body heating and raise internal body temperature.
- Take frequent cool baths or showers.
- Never leave a person or a pet inside a closed, parked car during hot weather.
- Stay alert to heat advisories issued by the National Weather Service.